



FASCIA ARMOR



How to turbo your body's
shimmering armor

🎯 USE FASCIA TRACKER

🎮 PLAY THE GAME

🔍 BIO-ARMOR OVERRIDE

Morgan Chan

FASCIA ARMOR

**HOW TO TURBO YOUR BODY'S
SHIMMERING ARMOR**

DEDICATION

Dedicated to my teacher and friend,

Professor Tom Nguyen

Griffith University

Brisbane, Australia

LEGAL NOTICE

This book is copyright protected. It is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author or publisher.

DISCLAIMER NOTICE

Please note that the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up-to-date, and reliable, complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical, or professional advice.

The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book. By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of the information contained within this document, including but not limited to errors, omissions, or inaccuracies.

The content of this book should shock you. In fact, it must.

All your life, you have been taught a simplified version of yourself. You were told you are a collection of 206 bones and over 600 muscles, stacked like a biological Lego set. But you were never told about the most vital system in your body—the great, shimmering, liquid-crystal web that wraps every single cell together as one unified whole.

This system is the “missing link” in modern wellness.

Nobody has explained that how this web functions—how it communicates with and sustains every cell—is the single most important priority for your health. We focus on the “parts” while ignoring the “glue.”

When you learn to master this system, the results are nothing short of extraordinary. You don’t just feel “better”; you unlock a level of physical performance you didn’t think possible. The chronic backaches, the persistent headaches, and the nagging joint pains that you’ve accepted as part of “aging” begin to vanish.

You are not a machine made of separate parts. You are a fluid, connected, and radiant masterpiece.

So, let’s begin the journey.

PREFACE

You are holding the manual for a revolution.

For years, I have been obsessed with the boundaries of human performance, teaching others how to unlock their potential through psychology and health. But information alone is rarely enough to change a life—it needs to be lived. That is why I have built an ecosystem where your real-world health becomes your greatest digital asset.

This book, *Fascia Armor: How to Turbo Your Body's Shimmering Armor*, is the first piece of a three-part Trinity designed to transform you.

The Trinity of Performance

To truly “Turbo” your life, you should engage with two more interconnected tools found at FasciaArmor.com:

- **This Book:** Your guide to the Pillars of Health and the mastery of your myofascial system—the “Shimmering Armor” that protects and powers your every move.
- **The Turbo Armor Gadget:** A creative movement tracker that acts as your digital companion, monitoring your structural integrity as you move through the world.
- **The Fascia Armor Game:** A complex multiplayer experience where your real-world health directly impacts your survival. In this game, your Wealth allows you to buy assets to boost your power, while your Health determines your ability to defend yourself or strike back.

Extra:

The Bio-Armor Override: If you want, you can even use our Override button to find the causes (and a brief fixing protocol) of your common pains.

The Ultimate Stakes

This project is not just about a book; I am building a community of “Heroes.”

Because I believe in this movement, I am committing up to 50% of our annual net profit over the next 10 years to be shared back with our top players.

We reward the leaders of the Fascia Armor Ultimate Rankings—those who use the Turbo Armor tracker and the WebBrain poker system to prove they are serious about their life systems.

The top player alone receives 5% of the annual net profit, with rewards distributed to the top 51 players and eventually up to 1,000 winners as we grow.

Your Invitation

Go to FasciaArmor.com now. Secure your Turbo Armor tracker, begin collecting your daily poker cards to fuel your energy, and prepare for the December 31st Championship.

This book will provide the insight you need, but the game will provide the test. I want to help you remove the “choke points” in your system, delay aging, and rediscover the strength you were born with.

The race has already begun. I’ll see you at the finish line.

PROLOGUE

The Revelation of the Shimmer

We are the only species on this planet that doesn't quite fit. While the world follows a 24-hour sun, our internal biology naturally drifts toward a 25-hour cycle. We are a high-performance “implant” in a world that operates on a different frequency. To survive and thrive here, we were given a suit of biological technology so advanced we are only just beginning to name it.

The New Largest Organ

For decades, you were told that the skin is the largest organ in the human body. That changed in 2018. Research from New York University (NYU), later echoed by the BBC, CNN, and National Geographic, revealed a “new” organ that had been hiding in plain sight: The Interstitium, or what we know as the Fascia.

Scientists now recognize the Fascia as the largest, most pervasive organ in the human body. It is a 3D web of connective tissue that wraps around every muscle, every bone, and every single one of your trillions of cells. It is the “glue” that holds you together, but it is also the “internet” that connects your entire system into one singular, shimmering web.

Why “Fascia Armor”?

When we combine these two words, we are talking about your Structural Sovereignty. Inside this web of fascia flows liquid collagen crystals. These aren't just structural fibers; they are biological semiconductors. They transmit electrical signals, magnetic waves, and light frequencies within you—and, I believe, out to the universe itself.

- **Fascia is the hardware:** The web that connects your Seven Life Systems.
- **Armor is the state of that hardware:** when it is hydrated, elastic, and charged, it becomes a “Shimmering Armor” that protects you from aging, disease, and the “choke points” of modern life.

The Bio-Digital Connection

This is why your Health in the Fascia Armor game is so critical. When your internal “Armor” is brittle, your energy leaks. In the game, if your health drops below 10,000, you are vulnerable. In real life, if your Fascia Armor is weak, you lose your ability to “attack” your goals and “defend” your vitality.

You aren’t just made of flesh and bone. You are wrapped in a crystal-line, electromagnetic web. It is time you learned how to power it up.

Does this version better capture the “Basics” you wanted to convey, Morgan? If this feels right for the Prologue, would you like me to update the Introduction next to ensure it flows perfectly from this new scientific starting point?

INTRODUCTION

The End of the Pain Trap

If you have spent years—or even decades—suffering from chronic muscle aches and back pain, I have a revelation that will change your life: It’s probably not your muscles.

Clinical evidence suggests that up to 90% of chronic back pain and stiffness is actually rooted in the fascia, not the muscle tissue itself. We have been treating the wrong system for a hundred years. When your Fascia Armor is “glued” or dehydrated, it creates a straightjacket of pain. But when you learn to turbo-charge this shimmering web, that pain doesn’t just diminish—it vanishes.

The Seven Life Systems

To reclaim your body from this “pain trap,” you must master the Seven Life Systems. These are the pillars of your Fascia Armor:

- **The SoulBrain & LockBrain:** The command centers for your focus and deep cognitive reserves.
- **The BioBrain & WebBrain:** Where your biological health meets digital strategy. This is where you claim your daily energy through the WebBrain poker system.
- **The Aura & Magnetic Field:** The electromagnetic “shimmer” that extends from your crystalline collagen.
- **The 11+1 Body Parts:** Your physical structure, governed by the largest organ in your body: the Fascia.

High-Stakes Health

In the world of FasciaArmor.com, these aren't just concepts—they are survival mechanics.

- **Wealth** is used to buy assets (weapons) to increase your attacking and defending power, or to trade in a game market tied to real-world Dow Jones and gold prices.
- **Health** is your ultimate shield. If your health drops below 10,000 points, you lose your ability to attack for 24 hours.
- **Conflict:** If you are defeated by a physical attack (FAQ) or forced employment (FEAQ), you lose 50% of your health points.

Why Play This Game?

I have designed this ecosystem because I want to reward you for becoming a Hero. We are giving away up to 50% of our annual net profit for the next 10 years to the top players in our Ultimate Rankings. By mastering your body and the 30 Pillars in this book, you are positioning yourself for financial and physical sovereignty.

This is the end of the “Pain Trap” and the beginning of your “Turbo” life.

CONTENTS

Introduction-----	15
Chapter 01. Mindset -----	21
Chapter 02. Heart-Brain Coherence -----	27
Chapter 03. Manifestation & Mindfulness -----	33
Chapter 04. Breathing-----	39
Chapter 05. Humming -----	49
Chapter 06. Meditating & Meditate Drawing-----	55
Chapter 07. Sleeping -----	61
Chapter 08. Exercising -----	67
Chapter 09. Playing-----	73
Chapter 10. Moving-----	79
Chapter 11. Microbiome & Mitochondria-----	89
Chapter 12. Diet -----	95
Chapter 13. Cortisol -----	103
Chapter 14. Circadian Rhythm-----	109
Chapter 15. Posture -----	115
Chapter 16. Fascia -----	123
Section 1. The Non-Cellular Engine -----	129
Section 2. The History Of The Revolution -----	135
Section 3. The Cosmic Web-----	141
Section 4. The Architects -----	147
Section 5. The Seven Anchors -----	155
Section 6. The Triple Role -----	163
Section 7. How It Functions-----	169
Section 8. The Global Communication-----	175
Section 9. The Hydration Of The Armor -----	181
Section 10. The Fascial Voice -----	187
Section 11.1 Tracking The Pain (The Criminal) -----	193
Section 11.2 The Multiple Criminal Theory -----	201

Section 11.3	The Case Of The Driver’s Elbow -----	206
Section 11.4	The Case Of The Knee-----	217
Section 11.5	Some Technical Terms -----	225
Section 11.6	The Case Of The Backache -----	235
Section 11.7	Fascia And Beauty -----	251
Section 12	The Authority Drills -----	263
Section 13	The Ancient Connection -----	271
Section 14	Bio-Electromagnetism -----	277
Section 15	The Hero’s Finished Armor-----	283
Chapter 17.	Fascia Armor — The Game-----	289
Chapter 18.	Conclusion -----	295
Acknowledgment	-----	297
Fascia Glossary	-----	303
An Open Letter To The Stewards Of Our Future	-----	345
Notes	-----	349

CHAPTER 01:

MINDSET

The Commander of the Armor



MINDSET

The Commander of the Armor

Mindset is at the top of the 30 Pillars for a reason. Having the right mindset about life, death, and your goals can perform miracles on its own. It is the quality that determines whether your internal systems work for you or against you.

The Power of Intense Belief

Mindsets come in two levels: a general attitude and an intense, focused motivation that can move mountains. When you hold a strong, determined idea, your biological systems—both inside and outside your body—begin to reorganize reality to create it.

Consider these historical examples of mindset in action:

- **The Bruce Lee Recovery:** In 1969, Bruce Lee severely injured his back. Doctors told him he would never practice martial arts again and might never even walk. But Lee refused that reality. He believed he would recover and went on to become the greatest martial artist and movie star of his time.
- **The Hotel Housekeeper Study:** Dr. Ellen Langer and Dr. Alia Crum studied 84 hotel housekeepers. Most didn't realize their daily labor was exercise. After a simple 15-minute presentation explaining how their work met exercise requirements, those women actually lost weight and improved their blood pressure over four weeks—all because their mindset about their movement changed.

The Strategy of Multiple Identities

For a long time, gurus talked about having a single “identity.” But we are more complex than that. In the Fascia Armor system, we recognize that you have multiple identities, and you must learn to adjust them to your circumstances.

As Jay Shetty famously said: “I am not what I think I am. I am also not what you think I am. I am actually what I think you think I am.” While that is our social identity, we have the power to change it.

If you are teaching, you must have the mindset of a leader. If you are learning, you must be the “Eager Baby Owl.” If you are facing an opponent in the game of life, you must be a Superhero—but a superhero who is willing to learn and adjust. Even a superhero needs to be able to admit when they’ve made a mistake to avoid creating a bigger problem.

The Consciousness Link

The ultimate power of mindset is that it links you to your SoulBrain—your consciousness, spirit, and soul. Your body is restricted by time and space, but your mind is not.

People who have had Near-Death Experiences (NDEs) return with the knowledge of how mighty consciousness is when it isn’t held back by bodily constraints. You don’t need to die to experience this. You just need to realize that you have this amazing power and choose to use it. When you have one foot in the physical world and one foot in consciousness, you can enjoy miracles.

HOW TO USE YOUR MINDSET

You can use your mindset to heal your body, overcome fear, and strengthen your 11+1 Body Parts.

- When to use it:
- When you are ill or in pain.
- When you have overeaten or feel poisoned by the environment.
- When you are tired, fearful, or need to be stronger.

How to channel the power:

- **Breathe:** Take a slow, deep breath in and out.
- **Smile:** Look at the world intently.
- **The Sensory Trigger:** Blink your left eye tightly, then your right eye tightly. Make a silly face to break the tension.
- **Visualize:** See the part of you that is ill or needs improvement.
- **Channel:** In ancient wisdom, Qi (energy) goes where your concentration is. Imagine the power of your consciousness clearing the “rust” from your fascia and strengthening your shimmering armor.

The Daily Animal Archetypes

To stay “Turbo” throughout the day, adopt these mindsets at the appropriate moment:

- **Driving:** Be the safest driver—quick and smart like a mouse.
- **Eating:** Be the most gracious person in the room—gentle like a swan.
- **Learning:** Be the most attentive student—an eager baby owl. By choosing your mindset, you are choosing the frequency of your Aura and the strength of your Magnetic Field. Don’t let your beliefs hold you back; let them be the springboard for your evolution.

CHAPTER 02:

HEART-BRAIN COHERENCE

The Bridge to the Hero



HEART-BRAIN COHERENCE

The Bridge to the Hero

Heart-brain coherence is so vital that I nearly put it as the top pillar of this book. While Mindset is the “General” of your army, most people find they lack the strength or consistency to control their mindset 24/7. Coherence is the bridge that makes a powerful mindset possible.

With high coherence, you don’t just get health; you get better decisions, more patience, and a surge in creativity. In short: your entire life improves tremendously.

The Success Chain: From Cells to Results

Before we look at the heart, we must understand how a good life is actually built. It follows a specific biological chain:

- **Results:** Good results come from smart, lucky, and positive actions.
- **Actions:** Actions are preceded by thoughts or reflexes.
- **Feelings:** To have good thoughts, you need good feelings.
- **Sensations:** Feelings are simply your brain’s interpretation of sensations from your physiology.

The Power of Interpretation:

Take hunger. Most people interpret hunger as a “bad” sensation—a signal of lack. But if you are a Hero, you can interpret that same sensation as a “good” feeling. You know that as those Ghrelin hormones fire, you are generating AMP from ATP, which signals longevity and cellular repair.

Your physiology is the total action of your trillions of cells. If you look at the energy flow in those cells, you are looking at “Energy in Motion”—Emotion. To get good emotions, we need effective cellular performance first. We must be intelligent enough to interpret our body’s signals into smart feelings.

1. THE SCIENCE CORNER:

The Heart’s Hidden Intelligence

“Coherence” is the state where the heart and brain work together to create peak outcomes in your behavior and health.

- **The Second Brain:** Experts have discovered that the heart contains roughly 40,000 cells (sensory neurites) that behave exactly like brain cells. We are effectively a two-brain system. (Even an Octopus has 2/3 of its neurons outside its brain!)
- **The Phrenic Link:** The heart and brain are physically connected through the phrenic nerves. The only way we can influence these nerves is through the diaphragm.
- **The Breath Bridge:** When you breathe in, your heart speeds up. When you breathe out, it slows down. This rhythmic shift creates Heart Rate Variability (HRV), which the brain monitors through that phrenic connection.

2. THE TASK OF THE DAY:

Solving the Paradox

To achieve coherence, we must navigate a paradox: we must feel “good sensations” while simultaneously thinking about nothing except the breath. This is best achieved in Theta or Gamma brainwave states.

- **Rhythmic Breathing:** Perform slow, smooth, and deep breaths. Ensure your inhale and exhale are equal in length to create a “rhythmic” wave.
- **The Language Exchange:** Thoughts are the language of the brain; feelings are the language of the heart.
- **Elevated Emotion:** As Dr. Joe Dispenza teaches, pair a clear intention (brain) with an elevated emotion like gratitude or passion (heart). When you think loving thoughts, your heart-brain rhythm shifts from “erratic” to “shimmering.”

3. THE CONNECTION TO FASCIA

The heart is encased in the pericardium, a tough, specialized layer of fascia. When you are in a state of “incoherence” (stress), this fascia tightens like a fist around your heart.

Because fascia is a body-wide web of liquid collagen crystals, the erratic vibration of a stressed heart sends “static” through your entire suit of armor. By practicing coherence, you send a smooth, harmonic frequency through the crystalline web, hydrating the fascia and removing the “choke points” of pain.

THE GAME ADVANTAGE

Q: How many sensory neurites (brain-like cells) are located within the human heart?

- A) 4,000
- B) 20,000
- C) 40,000

Answer: C (40,000) – These neurons allow the heart to act as a “second brain” in our system.

Q: Which nerve acts as the physical bridge between the diaphragm and the heart/brain connection?

- A) The Sciatic Nerve
- B) The Phrenic Nerve
- C) The Optic Nerve

Answer: B (The Phrenic Nerve) – This is why rhythmic breathing is the only way to manually influence our coherence.



Copyright and Limited Preview Notice

Notice of Limited Portfolio Display

This document contains a curated **page preview** of the complete work produced for **Creating Your Awesome Life** by *Karin Abeyta*.

Rights and Usage:

- **Purpose:** This excerpt is included in this portfolio solely for the purpose of demonstrating professional capabilities and project scope.
- **Copyright:** All intellectual property and original content remain the exclusive property of the Client and/or the Author, as per the underlying service agreement.
- **Restrictions:** This preview does not constitute a transfer of rights. Unauthorized reproduction, distribution, or commercial use of these pages by third parties is strictly prohibited.
- **Confidentiality:** If this work contains proprietary information, it is shared here under the "Fair Use" doctrine for professional evaluation only.

Full version available only upon authorized request from the copyright holder.